

**Attention Senior Clubs and County Council on Aging!**

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4<sup>th</sup> Street, Suite 401, Grand Forks, ND 58201.

**NAME AND ADDRESS OF SENIOR ORGANIZATION:**

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**NAME AND ADDRESS OF NEW PRESIDENT:**

---

**TELEPHONE NUMBER OF PRESIDENT:**

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*PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!*

# NORTH DAKOTA AGING and DISABILITY Resource-LINK

*Your Care Choice Connection to Aging and Disability Resources*

**1-800-451-8693**

**[www.carechoice.nd.gov](http://www.carechoice.nd.gov)**

Regional Aging Service Program Administrator  
Northeast Human Service Center – Aging Services  
151 S. 4<sup>th</sup> Street, Suite 401  
Grand Forks, North Dakota 58201  
(701) 795-3000 Toll Free: 1-888-256-6742  
Fax (701) 795-3050

RETURN SERVICE REQUESTED



\_\_\_\_\_ Please correct your mailing list

\_\_\_\_\_ Please delete my name from list ATTACH THE OLD MAILING LABEL

# AGING SERVICES

Volume X Number 2

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Spring 2008

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### Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at your senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



### MISSION STATEMENT:

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.



### Older Americans Month 2008

#### Working Together for Strong, Healthy, and Supportive Communities

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90. Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of

cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history.

An expanding older adult population also spotlights our



responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults' unique health and long-term care challenges. The thousands of professionals, caregivers, and volunteers that make up the National Aging Services Network have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act. Led by the U.S. Administration on Aging, the Network is now engaged in modernizing systems of care to provide consumers with more control over their lives.

May is Older Americans Month, a great time to bring

attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:

Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.

Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.

Have more options to avoid placement in nursing homes and remain at home as long as possible

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area, promote community, state and national efforts to serve older adults, and find ways to enrich the lives of the older adults who touch your life. By working together we can improve the health and well being of our Nation's older adults and pave the way for future generations.

**There's no place like home!**

**Why not consider being an Adult Foster Care Provider?**

- **You** can provide a safe, caring environment for adults age 18 and older with special needs
- **You** can support their ability to live independently
- **You** can receive monthly payments for room, board and care

Help these adults remain a vital part of our community.

Contact Grand Forks County Social Services Today!  
701-787-8540

**United Way**

Recruitment Campaign Funded by United Way of GREGG



**Nutrition Sites Call the Grand Forks Senior Center**  
**for more information at 701-772-7245 for Grand Forks and Nelson counties**



**Walsh County Nutrition Program for Walsh County at 701-284-7999**

**Pembina County Meals & Transportation for Pembina County at 701-454-6586**

**New Web site helps locate services for the elderly and people with disabilities**

BISMARCK, N.D. – The North Dakota Department of Human Services has launched a new Web site, <http://www.carechoice.nd.gov>, to help people locate

services for older adults and adults with disabilities. Called the Aging and Disability Resource-LINK, it replaces the state's Senior Info-Line Web site and includes additional information such as food pantries, community services, and transportation resources. The Web site's database is updated regularly. Individuals can search by service type or provider name and can also search for services within a county or a specified driving distance of a zip code.

"People are usually not familiar with existing services and community resources that can help them stay in their homes, and that leaves a knowledge gap when a health crisis or significant change in ability occurs," said Aging Services Division Director Linda Wright. "This free and confidential service features a database of services that can help people maintain their independence or meet their changing needs."

Individuals who do not have Internet access or who prefer to receive information by phone can access the Aging and Disability Resource-LINK by calling the nationwide toll free number at 1-800-451-8693.

A certified resource and referral specialist employed by the department answers calls Monday through Friday, 8 a.m. to 5 p.m., Central Time. During evening or weekends, callers can leave a message. Calls will be

returned on the next business day. Individuals can also contact the resource link by e-mail at [carechoice@nd.gov](mailto:carechoice@nd.gov).

Royce Schultze, Executive Director of the Dakota Center for Independent Living, Inc. in Bismarck, N.D., said, "Our agency staff would use this to assist consumers. It is user-friendly for people with disabilities and is much easier to use than paper brochures. It is a great tool in serving people with disabilities."

The department does not endorse listed services, but provides the information as a public service. Entities wishing to submit information about services for consideration can e-mail [carechoice@nd.gov](mailto:carechoice@nd.gov).

According to Wright, long-distance caregivers and professionals who work with seniors and people with disabilities often use the information and referral service. In 2007, the human services department received about 8,500 requests through its information and referral Web site and phone line.

### **Vulnerable Adult Protective Services (VAPS)**

**701-787-8540**

### **GF County Social Services Contract Agency**

You can continue to make direct reports or referrals by phone, letter, in person, or fax. Upon receipt, reports or referrals will be screened for service eligibility.

Reports of suspected abuse, neglect, or exploitation of a vulnerable adult can be made by calling GF County Social Services at Phone: **701-787-8540 or Fax: 701-787-5918.**

## **North Dakota Vulnerable Adult Protective Services**

### **Background:**

*In 1989, the North Dakota Legislature passed the law authorizing the Department of Human Services to develop, administer, and implement a protective services program for vulnerable adults. The program works to prevent further abuse, neglect, or exploitation and promotes self-care and independence.*

*Each regional human service center has an Elder Services Unit that is responsible for vulnerable adult protective services, as well as other services.*

### **State Law Defines a Vulnerable Adult as:**

**... any person older than age 18, or emancipated by marriage who has a substantial mental or functional impairment**

ND Century Code 50-25.2-03 states that any person who reasonably believes that a vulnerable adult has been subjected to abuse or neglect or observes conditions or circumstances that reasonably would result in abuse or neglect, may report the information to the N.D. Department of Human

Services or to an appropriate law enforcement agency.

The law gives the Department the right to assess and to provide or arrange the provision of adult protective services if the vulnerable adult consents to and accepts the services. The Department may pursue administrative, legal, or other remedies authorized by law, which are necessary and appropriate under the circumstances to protect a vulnerable adult who cannot give consent, and to prevent further abuse or neglect.

### **Did You Know?**

*Adult children, other relatives, church communities, and other informal support systems help meet the needs of many people. Individuals who receive vulnerable adult protective services often lack these informal supports.*

### **Vulnerable Adult Services Statistics:**

Oct. 2006 – Sept. 2007

444	New cases
392	Information and referral calls
223	Brief services (Required up to 2 hours of staff time to resolve. For example, helping a family locate needed services.)
404	Cases closed
7,008	Hours spent on information and referral, brief services, and cases

#### **NOTES:**

A clarification in reporting occurred. Case data should not be compared to data prior to the 2003-2004 federal fiscal year. Also, a new case does not mean a person has not been served before. Recidivism is common. Abilities change over time, and concerns about neglect or abuse



may resurface.	
<b>Referral Reasons</b>	
66%	Self-neglect
16%	Neglect
10%	Financial exploitation
8%	Abuse
<b>Referral Sources</b>	
28%	Medical/Home Health
27%	Agency
18%	Community
17%	Family
5%	Legal/Judicial
4%	Self
<b>Priority of Request</b>	
79%	Non-emergency
12%	Imminent danger
9%	Emergency
<b>Vulnerable Adult Protective Services Demographic Data Oct. 2006 – Sept. 2007</b>	

<b>General</b>	
74%	Age 60 and older
53%	Female
95%	Caucasian
4%	American Indian/Native Alaskan
<b>Marital Status</b>	
62%	Single/Widow/Widower
18%	Married
18%	Divorced
2%	Separated
<b>Living Arrangements</b>	
62%	Live alone
19%	Live with other family member
12%	Live with spouse
7%	Live with non-relatives
<b>Alzheimer's &amp; Related Dementia</b>	
70%	Did not have dementia
30%	Do have some sort of dementia
<b>Reasons for Case Closure:</b>	
16%	Referred to another agency
18%	Moved out of the area, received protective arrangements,

	or died
16%	Client refused services
13%	Placed in long-term care facility
9%	Referred to home & community-based services
28%	Other

### ***Adult Protection in Practice:***

- A **vulnerable adult has the right** to make decisions on his or her own behalf until he or she delegates responsibility voluntarily to another, or the court grants responsibility to another.
- When interests compete, a competent individual's decision supersedes community concerns about safety, landlord concerns about property, or family concerns about health or finances.
- A person can choose to live "in harm" or even self-destructively, if she or he is competent to choose, does not harm others, and commits no crimes.

### ***How Calls Are Handled:***

*When a Regional Human Service Center receives a call about suspected abuse or neglect of a vulnerable adult, staff members:*

- **Assess the situation** via phone to determine if an emergency exists.
- **Work with law enforcement, if appropriate.**
- If it is not an emergency, but requires more than providing information and referral, **staff may conduct a site visit** to assess the situation and assure appropriate services are offered.
- **May offer services** to the vulnerable person such as home-delivered meals,

personal care assistance, respite care, or other services, if appropriate.

**Produced January 2008  
N.D. Department of Human  
Services  
Aging Services Division  
600 E Boulevard,  
Department 325  
Bismarck N.D. 58505-0250  
Phone: 701-328-4601 TTY:  
701-328-3480  
[www.nd.gov/dhs](http://www.nd.gov/dhs)**



**Mark Your Calendar**

*The Northern Plains Conference on Aging and Disability*

Life's Your Legacy...Live it!  
September 23-25, 2008  
Ramada Plaza Suites  
Fargo, ND

**NPCAD**  
NORTHERN PLAINS CONFERENCE ON AGING AND DISABILITY

CONFERENCE BROCHURE TO BE MAILED EARLY AUGUST, 2008.

**Keynote Speakers**

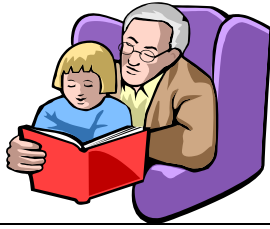
**Jacqueline Marshall** - Author (Elder Hoag), talk-show host and advocate for eldercare awareness and reform.

**Pauline Boss** - Educator and author (Loss, Trauma, and Resilience), known for her research on the theory of ambiguous loss.

**Renee Rongeen** - Inspirational speaker and author (Grandchild's Cult), known for her signature approach to living life from the inside out.

**Gail Nelson** - Training professional and licensed counselor, specializing in workplace conflict, stress and communication.

[www.northernplainsconference.com](http://www.northernplainsconference.com)



## **Foster Grandparents Sharing a LIFETIME of Wisdom**

Check out the new web page:  
[http://www.seniorservice.org/redrivervalley\\_fgfp](http://www.seniorservice.org/redrivervalley_fgfp)

**Red River Valley Foster  
Grandparent Program  
(701) 795-3112 or  
888-256-6742**

### **Another Resource: ND Aging and Disability Resource Link**

**1-800-451-8693  
[www.carechoice.nd.gov](http://www.carechoice.nd.gov)**

### **State Launches New Website for Aging Services**

The North Dakota Department of Human Services has launched a new website, [www.carechoice.nd.gov](http://www.carechoice.nd.gov), to help people locate services for older adults and adults with disabilities. Called the Aging and Disability Resource-LINK, it replaces the state's Senior Info-Line and includes additional information such as food pantries, community services,

and transportation resources. Individuals can search by service type or provider name and can also search for services within a county or a specified driving distance of a zip code.

"People are usually not familiar with existing services and community resources that can help them stay in their homes, and that leaves a knowledge gap when a health crisis or significant change in ability occurs," said Aging Services Division Director Linda Wright. "This free and confidential service features a database of services that can help people maintain their independence or meet their changing needs."

Individuals who do not have Internet access or who prefer to receive information by phone can call the Aging and Disability Resource-LINK toll-free at 1-800-451-8693. A certified resource and referral specialist answers calls Monday through Friday, 8 a.m. to 5 p.m. CT. During evening or weekends, callers can leave a message. Calls will be returned on the next business day. Individuals can also contact the resource link by e-mail at [carechoice@nd.gov](mailto:carechoice@nd.gov).

### **Search for North Dakota Outstanding Older Underway**

Experience Works is searching for North Dakota's outstanding older worker.

Nominees or applicants must be 65 years of age or older, a

resident of North Dakota, currently employed, and working at least 20 hours each week for pay. The honoree must be willing and able to travel to Washington, D.C., the week of Sept. 22-26 for the Prime Time Award events. The visit will include meetings with congressional representatives, a tour of the city's landmarks, and the awards banquet and ceremony. Honorees will have an opportunity to meet, share their stories, and celebrate their accomplishments. Family, friends or colleagues can send in a nomination, or older workers can self nominate. Travel and other Prime Time Award event expenses for the honoree are covered by donations and sponsorships. To nominate a person as North Dakota's Outstanding Older Worker, access nomination forms on-line at [www.experienceworks.org](http://www.experienceworks.org), or contact [connie\\_moench@experienceworks.org](mailto:connie_moench@experienceworks.org) or call 701-226-5118. The deadline for nominations is April 30.

Experience Works is a national, nonprofit organization that provides training and employment services for mature workers.

### **FCC URGES TV VIEWERS TO GEAR UP FOR THE CONVERSION TO ALL- DIGITAL TELEVISION**

To help consumers with the DTV transition, the Government established the Digital-to-Analog Converter Box Coupon Program. Every

U.S. household is eligible to receive up to two coupons, worth \$40 each, toward the purchase of eligible digital-to-analog converter boxes. For more information on the Digital-to-Analog Converter Box Coupon Program, visit the NTIA's Web site at [www.dtv2009.gov](http://www.dtv2009.gov), or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY).



Cable and satellite TV subscribers with analog TVs hooked up to their cable or satellite service should not be affected by the February 17, 2009, cut-off date for full-power analog broadcasting, but should contact their provider to find out anything is needed to be prepared for the February deadline. There are many sources of information about the digital transition but one of the best is the government's Web site [www.dtv.gov](http://www.dtv.gov). You can also call 1-888-CALL-FCC.

### Walking



### 30 Minutes a day

It only takes 30 minutes a day. Being physically active for 30 minutes will lower your chances of having a stroke or a heart problem, lower high

blood pressure and even help prevent or manage diabetes. Thirty minutes a day of "moderate intensity" activity is a great way to stay healthy and have more energy.

For some people, "moderate" is a slow walk. For others, "moderate" is a brisk walk. It all depends on you. Moderate means you can feel your heart beating faster and are breathing more rapidly, but you can still talk comfortably.

How can you fit in 30 minutes? You don't have to do it all at one time. You can walk or do other activities for 10 minutes or so. Do this 3 times a day and you're on your way. For example, in the morning walk to the store and in the evening take the dog on a longer walk. In between, do some yard work and gardening.

### Moderate physical activity

- Walking briskly
- Scrubbing floors or washing windows
- Mowing lawn by pushing a power mower
- Swimming
- Bicycling on level terrain
- Weight lifting
- Dancing

For some people, "moderate" is a slow walk. For others, "moderate" is a brisk walk.

### 60 Minutes for weight control

Do you want to lose weight, or stop the weight gain that tends to creep up as we age? Then increase your activity to 60 minutes or more a day.

### Tips to be active

- Park the car farther away from your destination.
- Get on or off the bus several blocks away.
- Take the stairs instead of the elevator or escalator.
- Play with children or pets.
- Stretch while watching TV.

Make the time for physical activity, and enjoy a fuller life.

*International Council on Active Aging, [www.icaa.cc](http://www.icaa.cc), to promote Age-Friendly Fitness.*

### Family Caregivers in the Workplace

Family caregivers often describe their caregiving as a full-time unpaid job. In addition to their caregiving work, many family caregivers are also employed in either part-time or full-time work outside the home. They have been described as "invisible" in the workplace, as they often are without support from their employer or co-workers. They shoulder the responsibilities of caregiving while also trying to be a responsible employee. As the number of family caregivers has escalated, family caregiving has gradually

become recognized as a social issue with significant impact on both employers and employees. Research into the issues of caregiving and employment has found that:

- An estimated 10 percent of caregivers quit their jobs. This results in costly increased turnover for the employer, and lost income and benefits for the employee.
- In today's workforce, an estimated one in four workers cares for an aging parent.
- Twenty percent of caregivers leave their jobs at least temporarily to handle caregiving demands.
- Eighty percent of long-distance caregivers are employee full or part-time and need to do many of their long-distance caregiving tasks during their work day. These tasks can include phone calls to find resources, paperwork, talking with healthcare providers, and contacting other family members to coordinate care issues.
- Absenteeism among family caregiver employees is less of a problem for employers than "presenteeism" – employees who are on the job but distracted, working under the physical and emotional strain caused by their caregiving

responsibilities. Studies have shown that "presenteeism" costs employers billions of dollars a year in lost productivity and safety claims.

- Some employers offer benefits such as flexible work schedules, funeral or bereavement leave, or health fairs that include information on aging services or services for people with chronic illness. Few employers offer classes, employee assistance counseling, or written information for their employees who are caregivers. Fewer still offer referral services for family caregivers about taking care of themselves.
- Employees generally underestimate the amount of time caregiving will take and the impact it will have on their work life. Caregivers report caregiving for periods from as short as a few weeks to months or years.
- Caregiving affects male and female employees in similar ways. Male caregivers often do not let co-workers know of their caregiving responsibilities and stress. When asked, both male and female family caregivers say they would use employee services addressing issues of caregiving if they were available.
- Retirement decisions are sometimes influenced by

caregiving responsibilities. Wives caregiving for husbands often retire earlier than planned. Husband caregivers often work longer than planned because of financial concerns.

- Two of the major stressors for employed family caregivers are fear of unemployment and fear of loss of the health insurance benefits offered through the employer.
- Employees frequently use their weekends, sick days or vacation leave to attend to caregiving. This results in employees suffering from symptoms of exhaustion and burnout, since they have no chance to relax or find respite for themselves.
- Many employers express an interest in learning about caregiving support that could be made available to their employees.

### **Resources**

American Association for Caregiver Education – [www.caregiverred.org](http://www.caregiverred.org). Search using the terms *Caregiving: Workplace Issues* or *Employed Caregiver Issues*; American Association of Retired People, [www.aarp.org](http://www.aarp.org). Search using the terms, *Caregiving: Workplace Issues*; Family Caregiver Alliance National Center on Aging, [www.caregiver.org](http://www.caregiver.org). Search



using the terms, *Work* and *Eldercare*. Source: *The Caregiver Helpbook; Powerful Tools for Caregiving*

### The 2008 Poverty Guidelines issued by the Department of Health and Human Services

*The following chart outlines the 2008 Poverty Guidelines issued by the Department of Health and Human Services. These guidelines are issued annually and provide guidance for the definition of "greatest economic need" as used in section 102(27) of the Older Americans Act, as amended. The guidelines should be used in assessing low-income status for clients receiving Older Americans Act services.*

2008 HHS Poverty Guidelines	
Size of Family Unit	48 Contiguous States and D.C.
1	\$ 10,400
2	14,000
3	17,600
4	21,200
5	24,800
6	28,400
7	32,000
8	35,600
For each additional person, add	3,600

Source: *Federal Register*, Vol. 73, No. 15, January 23, 2008, pp. 3971-3972.

**A new source for prescription assistance** that I have come across. The website [www.needymeds.com](http://www.needymeds.com) provides a link to applying for assistance through individual drug companies. The medications may be looked up under either their generic

or brand name and eligibility and application information are listed for each one. Some of the sites provide applications online, others require a toll-free call to the company to request the applications in the mail. From what I have seen, all of them require verification from the patient's doctor.

alzheimer's association

**Minnesota-North Dakota**, information, education, friendship and support. To learn more about a support group near you, call the Information 24/7 Information Helpline at 1.800.232.0851 or visit <http://www.alzmdak.org/2familyservices/findingresources.htm> - Support%20Groups.

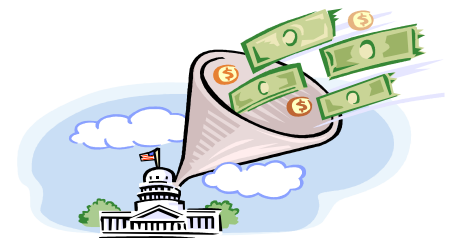
### Stimulus payments: Help spread the facts

More than 130 million households will receive **economic stimulus payments** under the Economic Stimulus Act of 2008, beginning in May. In most cases taxpayers will not have to do anything extra this year to get the rebate. All you have to do is file a 2007 tax return and the IRS will do the rest. You do not need to call or fill out any other special forms. If you qualify, the IRS will automatically figure your payment, send you a notice showing the

amount, and send it to you. For more facts and to read some Q&As, visit the [Information on Stimulus Payments](http://www.irs.gov) Web page on [www.irs.gov](http://www.irs.gov).

Even those who normally don't file must file to receive a stimulus payment. This includes:

- Low-income workers,
- Social Security beneficiaries,
- Certain railroad retirees and
- Those who receive certain benefits from the Department of Veterans Affairs.



There are [special filing instructions](#) and a sample [Form 1040A](#) (.pdf) that highlights the simple, specific sections of the return to fill out.

Low- and moderate-income workers, including veterans, can get free tax help through the Volunteer Income Tax Assistance (VITA) program. Call 1-800-906-9887 to locate the nearest VITA site.

The Tax Counseling for the

Elderly (TCE) Program provides free tax help to people age 60 and older. As part of the IRS-sponsored TCE Program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. To find an AARP Tax Aide site, call 1-888-227-7669 or visit the AARP Web site.

## Retired Senior Volunteer Program (RSVP)

1207 24<sup>th</sup> Ave. S., Suite 312

Grand Forks, ND 58201

Phone: 701-787-0043

Fax: 701-787-0044

<http://rsvp.ndsu.nodak.edu>

Toll Free: 866-345-RSVP

<http://vista.ndsu.nodak.edu/>

## Taking Care of Yourself - Boost Your morale



**Consider posting a bulletin board with pictures of family and friends where you spend time. Update the pictures whenever possible**

*The Comfort of Home*  
© 2004 CareTrust Publication 800/565-1533  
[www.comforttohome.com](http://www.comforttohome.com)

## More Information:

<http://www.aoa.dhhs.gov/>

# Legal Services of North Dakota

## General Centralized Intake Toll Free

**Number –  
1-800-634-5263**

## Seniors (60 and over) Intake Toll Free

**Number –  
1-866-621-9886**

This number should be used by persons wanting help from LSND. All initial screening and advice is provided through these toll free numbers.

<http://www.legalassist.org/>

## Region IV Health and Wellness Site Schedule

Grand Forks County: Greater Grand Forks Senior Citizens Association,  
Grand Forks, ND,  
701-772-7245

**Gilby:** 3<sup>rd</sup> Thursday of every other month

**Manvel:** 2<sup>nd</sup> Friday of every other month

**Northwood:** 3<sup>rd</sup> Friday of every month

**Thompson:** 2<sup>nd</sup> Monday of every other month

**Nelson County: Home Health Services of Nelson County Health System, McVile, ND, 701-322-4328**

Schedules announced regularly with services offered every other month, odd months.

**Pembina County: The Diabetes Center of Altru Clinic-Cavalier, Cavalier, ND, 701-265-8338**

**Cavalier:** 2<sup>nd</sup> Tuesday of every month

**Drayton:** Last Monday of every month

**Neché:** mornings, 2<sup>nd</sup> Monday of every month

**Pembina:** afternoons, 2<sup>nd</sup> Monday of every month

**St. Thomas:** mornings, 3<sup>rd</sup> Monday of every month

**Walhalla:** 1<sup>st</sup> Monday of every month

701-627-4719 OR 1-87

**Walsh County: Home Health Hospice Services of Unity Medical Center, Grafton, ND, 701-352-9399**

**Grafton:** 3<sup>rd</sup> Tuesday of every month

**Park River:** 4<sup>th</sup> Wednesday of every month

***Social Security Business To Take Care Of?***

***See What You Can Do Online:***

<http://www.ssa.gov/pubs/10121.html>

<http://www.ssa.gov/pubs/10121.pdf>

# Telephone Numbers to Know

## Regional Aging Services Program Administrators

**Region I** - Karen Quick  
**1-800-231-7724**

**Region II** - MariDon Sorum  
**1-888-470-6968**

**Region III** - Donna Olson  
**1-888-607-8610**

**Region IV** - Patricia Soli  
**1-888-256-6742**



**Region V** - Sandy Arends  
**1-888-342-4900**

**Region VI** - Russ Sunderland  
**1-800-260-1310**

**Region VII** - Cherry Schmidt  
**1-888-328-2662**

**Region VIII** - Mark Jesser  
**1-888-227-7525**

Region IV Aging Services  
newsletter at the following  
link:

<http://www.nd.gov/humanservices/info/pubs/aging.html>

## Vulnerable Adult Protective Services

**Region I & II** – Dale Goldade,  
Vulnerable Adult Protective  
Services, Long Term Care  
Ombudsman -  
**1-888-470-6968**

**Region III** – Ava Boknecht,  
Vulnerable Adult Protective  
Services, **1-888-607-8610**

**Region IV** – Vulnerable Adult  
Protective Services, Patricia  
Soli – **1-888-256-6742**.

**Direct referral Grand Forks  
County Social Services  
VAPS - 701-797-8540.**

RaeAnn Johnson, contact for  
Vulnerable Adult Team (VAT)  
and Education– 1-888-256-  
6742.

Long Term Care Ombudsman  
**1-888-607-8610.**

**Region V** - Vulnerable Adult  
Protective Services, Sandy  
Arends - **1-888-342-4900.**

Direct referral may be made  
to Cass County Adult  
Protective Services unit -  
**701-241-5747.**

**Region VI** - Russ Sunderland,  
Vulnerable Adult Protective  
Services - **701-253-6344.**

**Region VII** - Cherry Schmidt,  
Vulnerable Adult Protective  
Services - **1-888-328-2662**

**Region VIII** - Mark Jesser,  
Vulnerable Adult Protective  
Services & Long Term Care  
Ombudsman -  
**1-888-227-7525**

## **North Dakota New Health Care Directives Guide on Web site:**

<http://www.nd.gov/humanservices/info/pubs/docs/aging-health-care-directives-guide.pdf>

## ND Family Caregiver Coordinators

**Region I** - Karen Quick -  
**1-800-231-7724**

**Region II** – Theresa Flagstad  
– **1-888-470-6968**

**Region III** - Kim Locker-  
Helten – **1-888-607-8610**

**Region IV** - Raeann Johnson  
– **1-888-256-6742**

**Region V** – Laura Fischer- **1-888-342-4900**

**Region VI**-CarrieThompson-  
Widmer –**1-800-260-1310**

**Region VII** -Tammie  
Johnson– **1-888-328-2662**

**Region VIII** – Michelle  
Sletvold – **1-888-227-7525**

## Other

- Aging Services Division  
Office and Senior Info  
Line: **1-800-451-8693**

- AARP: **1-888-OUR-AARP  
(1-888-687-2277)**
- AARP Pharmacy:  
**1-800-456-2277**
- ND Mental Health  
Association: **701-255-3692**
- ND Mental Health  
Association Help-Line:  
**1-800-472-2911**
- **IPAT** (Interagency Program  
for Assistive Technology):  
**1-800-265-4728**
- Legal Services of North  
Dakota: **1-800-634-5263** or  
**1-866-621-9886** (for persons  
aged 60+)
- Attorney General's Office of  
Consumer Protection: **701-328-3404** or **1-800-472-2600**
- Social Security  
Administration:  
**1-800-772-1213**
- Medicare: **1-800-247-2267/  
1-800-MEDICARE**

Toll-Free 800 Information:  
(Directory Assistance for 800  
number listings):

**1-800-555-1212**

- Senior Health Insurance  
Counseling (SHIC) ND  
Insurance Department:  
**1-701-328-2440**
- Prescription Connection:  
**1-888-575-6611**
- Rural Health Updates, please  
contact Lynette Dickson, CRH  
program coordinator, at  
**701-777-3848** or  
[ldickson@medicine.nodak.edu](mailto:ldickson@medicine.nodak.edu)

**Region IV: Older  
Americans Act (OAA)  
Funded Nutrition, Outreach  
& Health Maint. Providers**  
<http://gfseniorcenter.org>

## GREATER GRAND FORKS (GF) SENIOR CENTER

(Serves Grand Forks and Nelson  
Counties, Health Maint. Pembina &  
GF Counties)  
620 4<sup>th</sup> Avenue South-4534  
Grand Forks, ND 58201  
**(701) 772-7245**

**WALSH COUNTY NUTRITION  
PROGRAM**

Box 620  
Park River, ND 58201  
(701) 284-7999

**PEMBINA COUNTY MEALS AND  
SERVICES**

Box 9  
Drayton, ND 58225  
(701) 454-6586

**Energy Assistance**

**For more information on energy assistance programs call:**

- Grand Forks County Social Services:  
(701) 787-8500.
- Red River Valley Community Action:  
(701) 746-5431.
- The Salvation Army:  
(701) 775-2597.
- St. Vincent de Paul:  
(701) 795-8614.

**Reach your local energy company at:**

- Excel Energy: (800) 895-4999 (residential customer service).
- NoDak Electric Cooperative:  
(701) 746-4461.



[www.northernplainsconference.com](http://www.northernplainsconference.com)

***Save-the-Date for  
a Poster Session  
at the  
2008 Northern  
Plains Conference  
on Aging &  
Disability  
Ramada Plaza  
Suites, Fargo, ND  
Thursday,  
September 25,  
2008***

We invite you to participate in the first-ever poster session to be held on the final day of the Northern Plains Conference on Aging & Disability.

The theme of the three-day conference is *"Life's Your Legacy...Live it!"* Check out their website at [www.northernplainsconference.com](http://www.northernplainsconference.com) for details and program information. There will be approximately 400 attendees from a variety of disciplines at the conference.

Poster presentations allow you to share and showcase:

- New research
- Research in progress

- Research previously presented elsewhere
- New policy or program initiatives
- Successful practice projects
- Educational opportunities

The poster session will run from 8:00 – 8:30 a.m. on Thursday, September 25, 2008 in the Crystal Ballroom. Posters will remain up through the 10:00-10:15 a.m. break and the 11:45 a.m. – 12:30 p.m. lunch.

Please forward this save-the-announcement to persons you think would be interested in participating in this event. Guidelines for abstract submission and poster set-up will be sent at a later time.

*For additional information, please contact:*  
**Caroline Kozojed, M.S.**  
**ND Department of Human Services**  
[cakozojed@nd.gov](mailto:cakozojed@nd.gov)

